

## EMERGENCY PLAN: PSYCHIATRIC RELAPSE

1. Review Warning Signs Rating Sheet with support persons to determine whether a health-care provider should be notified.

NAMES OF SUPPORT PERSONS

TELEPHONE NUMBERS

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\_\_\_\_\_

\_\_\_\_\_  
If support persons are not available, go to Step 2.

2. Contact a health-care provider to determine whether the doctor should be notified.

NAMES OF HEALTH-CARE PROVIDERS

TELEPHONE NUMBERS

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\_\_\_\_\_

\_\_\_\_\_  
If health-care providers are not available, go to Step 3.

3. Contact doctor to determine whether a clinic visit is necessary.

NAMES OF DOCTORS

TELEPHONE NUMBERS

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
If doctors are not available, go to Step 4.

4. Go directly to the clinic and ask to see a doctor or someone who can do an immediate evaluation.

NAMES OF CLINICS

TELEPHONE NUMBERS

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\_\_\_\_\_  
If clinic is closed, go to Step 5.

5. Go directly to a hospital emergency room and ask to see a doctor who is familiar with psychiatric symptoms.

NAMES OF HOSPITALS/ER

TELEPHONE NUMBERS

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